

Relief Formula

SUPPORTS HEALTHY RESPIRATORY AND IMMUNE FUNCTIONS*



Positioning Statement

Pharmanex® Relief Formula is a clinically supported, all-natural proprietary blend of standardized herbs that supports healthy respiratory and immune functions.*

Concept

Normal respiration may sometimes be taken for granted. Most Americans' respiratory functions can be strained, especially during seasonal changes and around perennials. For the individuals affected, the simple act of waking up and going to work becomes uncomfortable and difficult. Pharmanex has adapted a traditional Chinese herbal remedy, "Yu Ping Feng San," or Jade Screen, into Relief Formula to provide relief from respiratory irritations. Backed by human clinical studies, this non-sedating and stimulant-free formula combines four potent herbs into a safe and effective treatment, promoting healthy respiratory and immune functions.*

Primary Benefits

- Supports healthy upper respiratory and immune functions*
- Studies demonstrate effects may continue for up to two weeks after discontinuing use of product*
- Herbs in Relief Formula have been used traditionally in Asia for a number of health benefits*

What Makes This Product Unique?

- Clinically proven
- Ephedra and stimulant free
- Proprietary blend of standardized herbs used traditionally in Asia
- Appropriate for occasional or seasonal use

Who Should Use This Product?

Relief Formula is recommended for adults who want to improve upper respiratory and immune functions.*

Did You Know?

- More than 50 million Americans are concerned about annual respiratory irritations
- 3.5 million workdays and 2 million schooldays are lost each year due to respiratory-related complaints
- Annual respiratory-related health costs exceed \$18 billion in the United States

Frequently Asked Questions

Can the health benefits be substantiated by clinical studies?

The proprietary herbal blend in Relief Formula has been supported by several double-blind, randomized, placebo controlled clinical trials. A standard questionnaire used by the pharmaceutical industry helped determine how the proprietary blend of herbs in Relief Formula improved practical activities and other factors. All studies found Relief Formula's unique blend of natural herbs to be effective and safe in promoting normal respiratory function.*

What ingredients does Relief Formula provide?

Relief Formula provides a proprietary blend of four standardized herbal extracts, including *Magnolia biondii*, *Saposhnikovia divaricata*, *Hedysarum polybotrys*, and *Atractylodes macrocephala*.

Is this product safe?

Relief Formula is safe at the recommended dosage. In fact, clinical studies have demonstrated the intake of doses much higher than the recommended intake resulted in no serious adverse effects. This proprietary herbal blend has been evaluated by clinical studies in children (over age five) and appears to be safe.

Relief Formula

Key Scientific Studies

1. Cheng KT, Tsay HS, Chen CF, Chou TW. Determination of the components in a Chinese prescription, yu-ping-feng-san, by RAPD analysis. *Planta Med*, 1998 Aug; 64(6): 563–5.
2. Emi Okuyama, Tetsuya Hasegawa, Takamitsu Matsushita, Haruhiro Fujimoto, Masami Ishibashi and Mikio Yamazaki. Analgesic Components of Saposchnikovia Root (*Saposchnikovia divaricata*). *Chem Pharm Bull*, 2001; 49(2): 154–160.
3. Kim GC, Lee SG, Park BS, Kim JY, Song YS, Huh GY, Jeong MH, Lim YJ, Kim HM, Yoo YH. Magnoliae flos induces apoptosis of RBL-2H3 cells via mitochondria and caspase. *Int Arch Allergy Immunol*, 2003 Jun; 131(2): 101–10.
4. Kim HM, Yi JM, Lim KS. Magnoliae flos inhibits mast cell-dependent immediate-type allergic reactions. *Pharmacol Res*, 1999 Feb; 39(2): 107–11.
5. Kimura M, Kobayashi S, Luo B, Kimura I. Selective inhibition by magnosalin and magnoshinin, compounds from “Shin-I” (*Flos magnoliae*), of adjuvant-induced angiogenesis and granuloma formation in the mouse pouch. *Agents Actions Suppl*, 1991; 32: 197–201.

Supplement Facts

Serving Size One Capsule

Amount Per Serving		%Daily Value*
MSHA TCM Extract	450 mg	**
Magnolia biondii Flower Extract (4:1)		**
Saposchnikovia divaricata Root Extract (3:1)		**
Hedysarum polybotrys Root Extract (2:1)		**
Atractylodes macrocephala Root Extract (1.5:1)		**

*Percent Daily Values are based on a 2,000 Calorie Diet.

**Daily Value not established.

Other Ingredients: Gelatin, Microcrystalline Cellulose, Corn Starch, Magnesium Stearate, Silicon Dioxide.

Directions for Use

As a dietary supplement, take two (2) capsules twice daily with food and drink. Store in a cool, dry place.

Warnings

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using this product.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

